

Freeman Poole Senior Center

Ongoing Activities

Seniors (55+) are invited to participate in activities between 8:30 a.m. and 4:30 p.m.

MONDAY THROUGH FRIDAY

| 8:00 - 8:45 a.m. | Poole Pacers (walkers) |
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8:30 – 4:30 p.m. Billiards

8:30 – 4:30 p.m. Honor Library

3:00 – 4:30 p.m. Poole Pacers (walkers)

MONDAY

| 10:00 a.m. – 1:30 p.m. | West Metro GA Ambassadors | 2 nd Monday |
|-------------------------|---------------------------------|------------------------|
| 10:15 a.m. | Moving on Mondays Walking Group | Weekly |
| 11:30 a.m. – 4:00 p.m. | Mah Jongg | Weekly |
| 11:30 p.m. – 12:30 p.m. | Blood Pressure | 4 th Monday |
| 1:00 p.m. | Mellow Monday Bingo* | 4 th Monday |
| 1:00 p.m. − 4:00 p.m. | Bid Whist | Weekly |

TUESDAY

| 9:00 a.m. – 2:00 p.m. | Covered Bridge Garden Club | 4 th Tuesday |
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| 10:00 a.m. – 12:30 p.m. | Wii Bowling | Weekly |
| 10:00 a.m. – 12:00 p.m. | Square Dancers | Weekly |
| 11:30 a.m. | Treat Yourself Tuesdays | 2 nd Tuesday |
| 12:30 p.m. – 4:30 p.m. | Spinner Dominos | Weekly |
| 1:00 p.m. | Blood Pressure Check | 3 rd Tuesday |
| 1:00 p.m. | Friendship Club | 3 rd Tuesday |

WEDNESDAY

| 9:30 a.m. – 3:00 p.m. | Quilters Guild 1 st & 3 rd | 1 st & 3 rd Wednesday |
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| 10:30 a.m. – 12:00 p.m. | Fun Dancers | Weekly |
| 12:30 p.m. − 2:30 p.m. | Covered Bridge Carvers | Weekly |
| 12:30 p.m. – 4:30 | No Trumpers Bridge | Weekly |
| 12:45-3:45 | Scrabble | Weekly |
| 1:00 p.m. – 4:00 p.m. | Mah Jongg | Weekly |
| 1:00 p.m. – 3:00 p.m. | Bunco | 2 nd Wednesday |

THURSDAY

| 10:30 a.m 12:30 p.m.Shutterbugs Camera Club1st Thursday10:30 a.m 3:00 p.m.Newcomers Mexican Dominoes4th Thursday10:30 a.m.Northwest Metro AT&T Pioneers4th Thursday11:00 a.m.Life Enrichment Support Group1st Thursdays11:00 a.m 2:00 p.m.CMREA2nd Thursday12:00 p.m 3:00 p.m.Windy Hill WoodcarversWeekly12:00 p.m 4:30 p.m.Canasta (Hand and Foot)Weekly |
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| 12:00 p.m. – 4:30 p.m. Canasta (Hand and Foot) Weekly |
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| 1:00 p.m. – 4:00 p.m. Basket Guild Weekly |

FRIDAY

| 10:00 a.m. − 3:00 p.m. | Hand and Foot Canasta | Weekly |
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| 10:00 a.m. – 11:00 | Men's Table Tennis | Weekly |
| 11:00 a.m. – 12:00 p.m. | Ladies Table Tennis | Weekly |
| 10:30 a.m. − 3:00 p.m. | Mexican Dominoes | Weekly |
| 10:30 a.m12:00 p.m. | Wii Bowling | Weekly |
| 11:30 a.m. – 3:30 p.m. | Pinochle | Weekly |
| 12:30 p.m. – 4:30 p.m. | Crafty Ladies | Weekly |

^{*} Registration Required

1.2012